

The *Science* of your Cycle

Day 7: The REAL cause of period problems (and how to fix them)



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Today's goals

- Learn the REAL cause of most period problems
- Use what we've learned to gain an understanding of why period problems develop in the first place
- Find out what steps you can start taking RIGHT NOW to help you fix the underlying cause of your period problems

Do you struggle with...

1. Constipation, diarrhea, IBS, gas, bloating, or food cravings?
2. Acne, dry skin, oily skin, rashes, eczema, or psoriasis?
3. Painful, irregular, absent, or heavy periods?
4. Spotting, clotted menstrual flow, or long periods?
5. PMS/PMDD, endometriosis, fibroids, or PCOS?
6. Hot flashes, low libido, headaches, UTIs, fatigue, hair loss, or weight gain?
7. Mood swings, irritability, anxiety, depression, or brain fog?
8. Insomnia, night sweats, or difficulty sleeping?

If so, LISTEN UP.

PERIOD PROBLEMS = HORMONAL IMBALANCE

The GOOD news

- Your body WANTS to heal itself (that's what it does best)
 - ◆ Scrape your knee? No prob...your bod has your back.
 - ◆ Break a bone? Give it a few months, but that'll heal, too.
 - ◆ Have the flu? Your immune system to the rescue!
- YOUR PERIODS ARE NO DIFFERENT
- Hormonal imbalance and period problems **can be fixed**

Why hormonal imbalance means trouble

- Hormones = chemical messengers
- Hormones are responsible for most events in your body
 - ◆ Appetite, sleep, thirst, digestion, tiredness, body temperature, reproduction, stress response, and even happiness
- Your body reacts differently to different levels of each hormone
- Your body needs a certain amount of each hormone to function normally...improper amounts = improper function

Causes of hormonal imbalance

1. Inability to flush excess hormones
2. Chemical exposure
3. Poor digestive health
4. Nutrient deficiencies
5. Environmental stress

These can occur together or individually, but almost always cause issues.

1. Inability to flush excess hormones

- Your body is constantly producing hormones, but it doesn't need ALL of them
- The body eliminates hormones it doesn't need
 - ◆ It gets rid of them by pooping and peeing them out!
- If you're pooping too frequently or not frequently enough, this can cause serious issues with hormone levels

2. Chemical exposure

- Chemicals don't have to be ultra toxic to be dangerous to your health
- There are chemicals in everything
 - ◆ Personal hygiene products
 - ◆ Cleaning supplies
 - ◆ And MANY more!
- Many of these are shown in studies to mimic the body's natural hormones
- This can lead to improper hormone levels

3. Poor digestive health

- A healthy gut is one of THE most important parts of being healthy
- An unhealthy gut can be caused by
 - ◆ Antibiotics
 - ◆ Being formula-fed as a baby
 - ◆ Being born via cesarean section (C-section)
 - ◆ Food allergies
 - ◆ Use of antibacterial products
 - ◆ Eating certain foods
- Got period problems? Your gut is likely a big part of the problem.

4. Nutrient deficiencies

- *Let food be thy medicine and medicine be thy food.*
- Hippocrates
- Your body needs the right nutrients for optimal health
- Improper nutrient intake can affect your body's ability to make hormones
- Many of the things we think are “healthy” are actually empty of nutrients the body needs

5. Environmental stress

- Remember, the body is a system of systems
- Stress interferes with the body's ability to function optimally
- Stress can be
 - ◆ Physical (like too much exercise)
 - ◆ Environmental (like being sick or not sleeping enough)
 - ◆ Mental/emotional (like stress at home or work)
- Stress hormones can hinder production of other hormones

How to FIX hormonal imbalance

- Improve and support gut health
- Take the RIGHT supplements (not all are created equal)
- Get better sleep
- Eat the right foods for your body
- Get enough nutrients
- Reduce chemical exposure
- Do exercises that support healthy hormones
- Overcome stress

That all seems WAYYYYY easier said than done, amirite?

The silver lining

- Fixing period problems is **much easier** than you think
- It can be done WITHOUT medication
- You don't have to do it alone
- I've been there

Healthy periods are within reach!

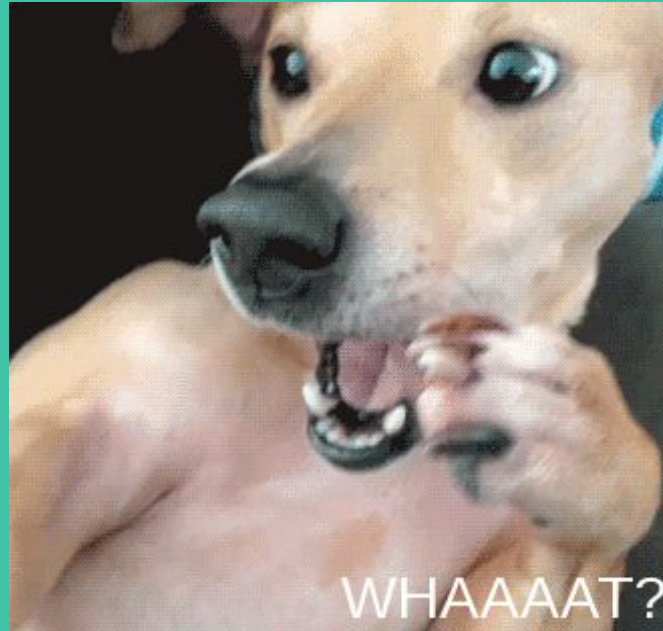
- After YEARS of research and self-experiments, I've managed to **eliminate** more than a **decade** of period problems
- I want you to feel as amazing as I do
- I healed my problems alone, but **you shouldn't have to**
- That's why I created **Period Reset**, a 30-day program that will help you **heal your hormonal imbalance** for good

What to expect from Period Reset

- Detailed articles explaining the science behind period problems (and how to fix them)
- Easy-to-implement tips to help you heal your gut, eliminate nutrient deficiencies, sleep better, clear acne, overcome stress, and balance your hormones
- Trusted supplement and product recommendations
- Lifetime access to Period Reset and our private Facebook group

Fixing hormonal imbalance is **hard work**, but Period Reset gives you all the tools you need. There is truly **nothing better** than feeling **amazing** all month long.

This jam-packed program is only ~~\$45~~ **\$29** and comes with a money-back guarantee!



I agree, adorably surprised dog, we're practically
GIVING Period Reset away!

Click below the video to start healing your periods!
YOU DESERVE IT.

